

# *Red Cliff Community Health Center*

## *March 2015 Newsletter*

### *Onaabanií-gíizis*

#### *Hard Crust on the Snow Moon*

##### The Mink and the Fish

Mink found a live pike on the lake shore. He told the pike, “Pike, the Muskie is calling you all kinds of names.” “What is he calling me?” asked Pike. Mink answered, “He says you’re wall-eyed.” Pike did not like to be called names and said, “Well, he’s got teeth like a saw blade and a long, plated face. He’s not pretty either.”

There was a muskie nearby, and Mink told him what Pike had said about him. Mink went back and forth, back and forth, getting Muskie and Pike mad at one another. Finally Pike and Muskie had a big fight and Mink acted as referee. Muskie and Pike ended up killing each other in the fight, so Mink had the last laugh on them.



Mink got a big kettle and boiled and dried the meat. Then he lay down to rest. He was taking life easy. He had the fish eggs, which were his favorite, all together next to him and all he had to do was open his eyes and stick out his tongue to eat them. Finally, he dozed off.

Some Indians came by in their canoes and saw Mink lying there with all those fish. They came ashore and picked up all the fish and put them in their canoes. Where Mink had all the fish eggs right next to him, they put rocks there. Then they went away.

When Mink work up, he reached with his tongue for the fish eggs, but instead there was only rocks and stones which broke his teeth. He realized they’d played a trick on him and he just walked away.

(Adapted from Wisconsin Chippewa Myths and Tales, and Their Relation to Chippewa Life by Victor Barnouw, the University of Wisconsin Press, Madison, WI 1977.)

## Green Food Nutrition Facts

Green food nutrition facts show us that greens may be the most important to know of all food groups. Greens may be the best food for humans, which also means they have incredible nourishing and healing properties.

Greens have always been classified as vegetables, but many have been treated as waste - if we can't use them in a salad. Greens are actually packaged in nature's perfect combination of protein, fiber and chlorophyll.

### General Green Food Nutrition Facts

We still don't have complete nutrition information about greens, but they seem to be the primary food group that matches human nutrition needs most completely. Generally greens are:

- ☑ The only food that helps digest other foods
- ☑ The only food that can be combined with any other food
- ☑ An excellent source of protein and fiber
- ☑ Easy for the body to utilize
- ☑ Our main source of chlorophyll



### Benefits of Chlorophyll

All greens contain massive amounts of chlorophyll and a high concentration of minerals. They are extremely potent and such powerful intestinal cleaners that they should be combined with other fruits and vegetables, especially when juicing them. Chlorophyll is like liquid sunshine and:

- ☑ Builds the blood
- ☑ Makes the body more alkaline
- ☑ Counteracts toxins
- ☑ Helps purify the liver and colon
- ☑ Soothes and repairs tissues
- ☑ Builds muscles and bones
- ☑ Creates enzymes and hormones
- ☑ Eliminates body odors and bad breath
- ☑ Resists bacteria
- ☑ Aids healing
- ☑ Aids mucus discharge
- ☑ Improves vision



### Green Foods You May Like to Try

Cabbage, Kale, Parsley, Endive, Spinach, Collard Greens, Mustard Greens, Watercress, Beet Greens, Swiss Chard, Bok Choy, Turnip Greens.

### Wild Green Foods Traditionally Eaten by Anishinaabe

Dandelion Greens, Milkweed Leaves, Cattail Stems, Lamb's Quarters, Mint, Wild Onions and Leeks, Fern Fiddleheads (Ostrich Fern), Sweetfern, Plantain, Day Lily leaves, Alfalfa, Woodsorrel and more!



Adapted from © Copyright 2010 - 2014 - [Raw-Food-For-The-Beginner.com](http://Raw-Food-For-The-Beginner.com) and cultural knowledge.

# Bean Soup With Kale

Recipe by USA WEEKEND columnist Jean Carper

"Each serving supplies 7mg of lutein, a healthy dose for the day."

## Ingredients

*Original recipe makes 8 servings*

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale
- 4 cups low-fat, low-sodium chicken or vegetable broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped fresh parsley



## Directions

In a large pot, heat olive oil. Add garlic and onion; saute until soft.

Add kale and saute, stirring, until wilted.

Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken.

Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

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## Spinach and Strawberry Salad

Total Time: 15 min

Yield: 4 servings

### Ingredients

- 1 (10 to 12-ounce) package baby spinach, washed and dried
- 1/3 cup sliced almonds, toasted
- 1 pint strawberries, hulled and quartered
- Optional: 1 medium cucumber, finely diced

### Dressing:

- 1/2 lemon, juiced
- 2 tablespoons apple cider or white wine vinegar
- 1 Tbsp. honey or strawberry preserves
- 1 tablespoon olive or vegetable oil
- Optional: 1 teaspoon poppy seeds



### Directions

In a large salad bowl, add the spinach, almonds, strawberries, and cucumber and toss together.

### For the dressing:

In a small glass bowl or jar with a tight-fitting lid, combine the lemon juice, vinegar, sugar, oil, and poppy seeds. Whisk together in the glass bowl or shake if using a jar.

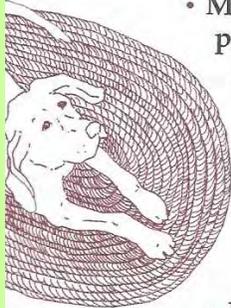
Put dressing on the salad right before serving.

Recipe adapted from Paula Deen

# Indoor Air Quality

***Sometimes indoor air pollution comes from what people do in their homes.***

- **Commercial cigarette smoking** causes cancer and other major health problems. It's unsafe for children to be around people who smoke commercial cigarettes for recreation inside homes and vehicles. Second-hand smoke can raise children's risk of ear infections and breathing problems. It can trigger asthma attacks, too.



- **Many families have pets.** But furry pets cause problems for some people. Pets can make asthma and allergies act up, especially if you keep them in sleeping areas.

• **Hobbies and home projects** sometimes involve sanding, painting, welding, or using solvent chemicals, like varnish or paint strippers. (A solvent is a chemical that can dissolve something else. Solvents are usually liquid.) Home projects can pollute the air with dust or harmful chemicals.



*Combustion appliances are one possible source of air pollution.*

***Sometimes indoor air pollution comes from what people have in their homes.***

- **Some household products**, especially those with solvents, can pollute the air if you don't use them in the right way. (See page 39 for more information about household products.)
- **New furniture, carpets, and building products** may give off chemicals that were used in their making. Some of these chemicals can harm people, especially children.
- **Lead paint is a health hazard.** If your home was built before 1978, the paint may have lead in it. Lead is very dangerous for young children. (See page 30 to learn about protecting your children from lead poisoning.)

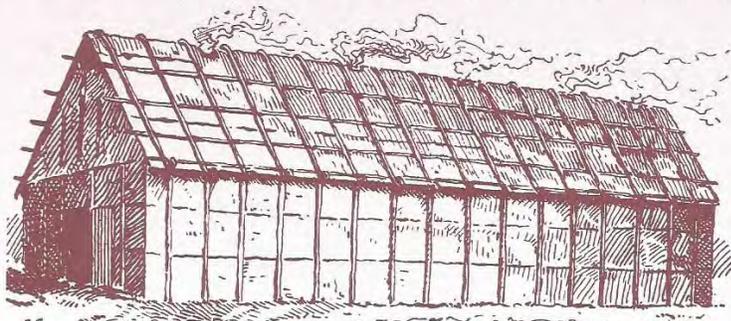


Image courtesy of Florida Educational Technology Clearinghouse.

# Indoor Air Quality

There are simple but important steps you can take to find out what is causing poor air quality. The questions on this page can help you find problems around your home. Page 6 will give you ideas of what to do. Look at the chapters on asthma and allergies, mold, and carbon monoxide to learn more about indoor air problems. Remember, making your home a safer, healthier place to live may mean taking several steps.



## Your Family's Health

- Does anyone in your family have asthma or allergies?
- Does a family member notice burning eyes, coughing, or sneezing that happens most often while at home?
- Does anyone in your home have chronic bronchitis or another lung disease?

## Radon

- Have you ever tested your home for radon?
- Do any of your neighbors have problems with radon gas? If so, you might also have a radon problem.

## Living in a Healthy Home

- Do some areas in your home smell damp or musty?
- Have you seen cockroaches in your home?
- Do you know how to safely run and take care of your fuel-burning appliances?
- Do you allow commercial cigarette smoking in your home?
- Do you have furry pets in your home? In the bedrooms?
- Do you read the label on household products and follow the directions for using them safely?
- Do you open windows or turn on fans when doing hobbies or projects that make dust or odors?
- Do you try to do dusty or smelly projects outdoors?
- Do you choose furniture, carpet, and building products that are made with non-toxic chemicals and materials? These are sometimes called *green building products*.
- Does your home ever smell musty, damp, smoky, or like chemicals?
- Does your home seem stuffy or stale? Can you smell cooking odors the next day?
- Do your bathroom and kitchen have exhaust fans? Do you use them?

Longhouses were like apartments—providing homes for many families. On each long side of the house, compartments were created for each family with walls made of animal skins or bark partitions. In these living spaces were low platforms for the families to

sleep on and higher platforms for storing their possessions.

A longhouse had a long central hallway where families shared fire pits for cooking and warmth. To vent smoke from the fires, several smoke holes were placed along the center of the roof.

# Indoor Air Quality

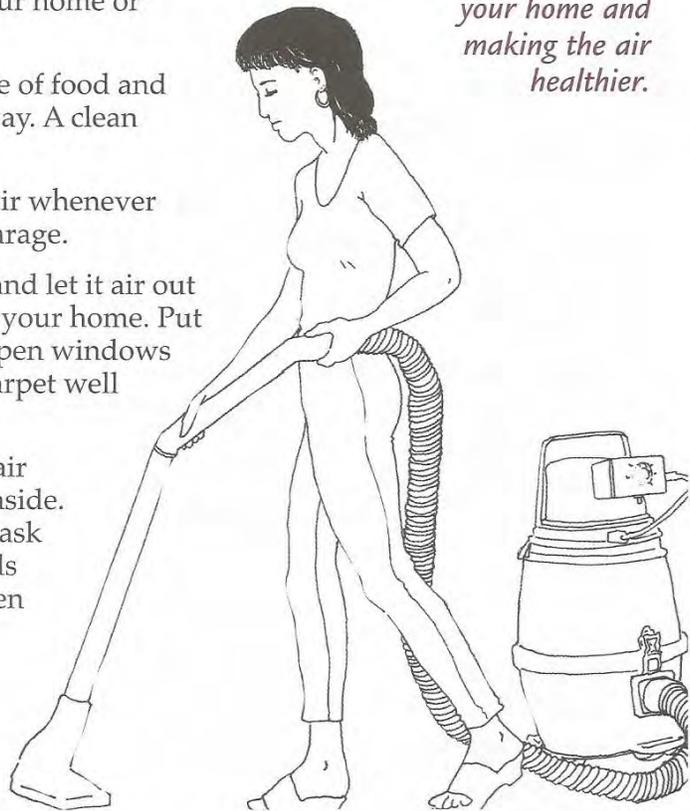


## Test Your Home for Radon

- You can buy low-cost radon test kits at hardware or home supply stores. Or call your tribal or local health department for more information.

## Live in a Healthy Home

- Do not smoke commercial cigarettes in your home or car—especially near your children.
- Pay attention to housekeeping. Taking care of food and spills right away keeps bugs and pests away. A clean home is a healthier home.
- Open windows or use fans to let in fresh air whenever someone uses chemicals in the home or garage.
- Ask the salesperson to unroll new carpet and let it air out for at least one day before bringing it into your home. Put in carpet during a season when you can open windows for several days afterward. Vacuum old carpet well before you remove it to keep down dust.
- Let new furniture and building materials air out for a few days before bringing them inside. Before buying new things for your home, ask for products made with nontoxic chemicals and materials. Sometimes nontoxic or green building products cost more money. You need to decide if the cost is worth it to protect the health of your family.
- Keep pets out of bedrooms and living areas.



*Be sure to check the Action Steps in the chapters on asthma and allergies, mold, and carbon monoxide, too. You will find good suggestions for cutting down on pollution in your home and making the air healthier.*

Tribes in the Northeast living south and east of Lake Ontario and Lake Erie that built longhouses were the Iroquois (Haudenosaunee or People of the Longhouses), including the Five Nations: Seneca, Cayuga, Onondaga, Oneida and Mohawk; and also the Wyandot and Erie.

Another large group that built longhouses, among others, were the Lenni Lenape, living from the lower Hudson River, along the Delaware River and on both sides of the Delaware Bay, and the Pamunkey in Virginia.

# Food Sovereignty and Seed Libraries

In Miskwaabekong (Red Cliff), we are blessed to have the Mino Bi Ma De Se Win Garden; space, good soil, good climate and clean water to grow food; abundant wild plant and animal foods, and a Seed Library so that we can grow and preserve traditional garden foods and medicines for ourselves and future generations.



**“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations.”**

Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007

## Food Security

The World Food Summit of 1996 defined food security as existing “when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life”. Commonly, the concept of food security is defined as including both physical and economic access to food that meets people's dietary needs as well as their food preferences. Food security is built on three pillars:

- Food availability: sufficient quantities of food available on a consistent basis.
- Food access: having sufficient resources to obtain appropriate foods for a nutritious diet.
- Food use: appropriate use based on knowledge of basic nutrition and care, as well as adequate water and sanitation.

Food security is a complex sustainable development issue, linked to health through malnutrition, but also to sustainable economic development, environment, and trade.

# SEED LIBRARY

## What's a Seed Library?

“A seed library is a place where community members can get seeds for free (or for a nominal fee) and is run for the public benefit. Many seed libraries are open in public libraries and community centers. For some communities, getting folks to garden and grow some of their own food is the focus. For other communities, seed libraries may be created as an important step to develop a network of seed savers, to create locally adapted varieties, to respond proactively to climate change or loss of gene integrity due to GMOs or to preserve genetic diversity. Seed saving is something humans have done for over 10,000 years. Rejoin the ritual and start to save seed and share the abundance in your community.”

If you would like to get some free seeds from the Seed Library to grow in your garden, please contact Cassie at the Red Cliff Community Health Center. All we ask is that you let some of the plants set seed and return some of those seeds to the Seed Library in the Fall.

Phone 715-779-3707 Ext. 2250 Email: [cassie.mccrow@redcliff-nsn.gov](mailto:cassie.mccrow@redcliff-nsn.gov)

We are also accepting seeds that you have saved, so that we can share them with others. We hope to preserve seeds that have been traditionally raised by the Anishinaabe and the culturally important traditions that go along with them.

# 40 Reasons to Save Seeds in 2015

March 11, 2015 Toby Cain, Seed Savers Exchange

If you're a fan of Seed Savers Exchange, you've probably heard that we're celebrating our 40th anniversary this year. We hope you will join us in our celebrations by saving seeds. Why put in the effort? Let this list convince you.

1. Increase your self-reliance.
2. Become closer to nature.
3. **Become a steward of diversity.** Explore the [Online Seed Exchange](#) to discover over 16,000 different varieties of fruits, vegetables, fruits, herbs, and flowers. Many of these unique plants only exist in the hands of one or two gardeners. Lend a hand and save some of those seeds that are in danger of disappearing.
4. Save money on seeds.
5. Spread knowledge.
6. Connect with a place.
7. Establish ties to history.
8. **Deepen connections to your family.** Many of the seeds we keep at Heritage Farm are steeped in family history, having been shared from generation to generation. Last year, we grew the 'Old Timey Blue' collard green in one of our display gardens. Like the '[Willis' collard green](#), 'Old Timey Blue' has a long history of being grown in the same family. Try out one of these family heirlooms or start your own tradition!
9. Take control of your food.
10. Feel a connection to the land.
11. Appreciate the change of the seasons.
12. Participate in a community. Become a part of a community seed library, a local garden club, or join our [Community Seed Resource Program \(CSRP\)](#). Members of the CSRP receive a toolkit of seed saving supplies and they are welcomed into Seed Savers Exchange as members. Check out the CSRP website for more information!
13. Adapt varieties to your local climate.
14. Explore food history.
15. Create gifts for others! Package up those flower seeds and give them away as presents! Aromatic herb seeds like dill and fennel make excellent gifts that friends can plant or use for cooking.
16. Give power to local food systems.



17. Have the ability to breed your own varieties.
18. Reclaim the commons. Saving open-pollinated seeds allows you to participate in a centuries-long tradition of free exchange of genetic resources. Read more about how gardeners can learn a thing or two from open source software designers in the article "[Linux for Lettuce](#)" and on the [Open Source Seed Initiative's](#) website.
19. Adopt new perspectives.



INSECT POLLINATORS PLAY AN IMPORTANT ROLE IN THE SEED GARDEN

**20. Help protect and preserve pollinators.** Before you pull all of your young radishes out of the ground, consider leaving a few plants in the dirt to mature into flowering plants. Pollinators go wild for long-lived radish flowers. The insects will repay your kindness by pollinating your plants, allowing you to harvest a large crop of seeds come fall.

21. Learn to take care of something.
22. Inspire wonder.
23. Think creatively. How will you prevent two varieties of squash from cross-pollinating? How will you protect your carrot crop from crossing with Queen Anne's Lace?
24. Invent a fun game to play with kids that teaches them how to hand-pollinate squash! Sew your own isolation cages! The garden gate opens the door to creativity.
25. Make connections.
26. Feed your friends. Save seed from your corn crop and grind those kernels into flour! You can whip up some grits, cornbread, or tortillas and impress your friends with your home-grown pantry.
27. Show off your gardening skills!
28. **Experience bounty**. Saving seeds leads you into a world of other passionate gardeners and a whole universe of diverse crops. Explore events like our annual Tomato Tasting to see this bounty for yourself!
29. Create memories.
30. Appreciate the beauty of plants' life cycles.
31. Share stories.
32. Develop a sense of scale. One bean seed can yield dozens of seeds for next year's garden, but one amaranth seed can yield tens of thousands of seeds. Check out *The Seed Garden: The Art and Practice of Seed Saving* for specific information about the recommended population size for seed saving on any scale.
33. Appreciate the resilience of nature.
34. Cook with new ingredients! Find a recipe for pickled nasturtium buds, learn to love the taste of basil flowers, and sprinkle poppy seeds in all of your summer desserts.
35. Learn to handle adversity. If you lose part of your pepper crop to frost, don't despair! You're now selecting for frost resistance!
36. Participate in an ancient tradition.
37. Take ownership.
38. **Get outside**.
39. **Try something new**.
40. **Preserve biodiversity**. There is inherent value in all of the seeds we work to protect. Some of the plants we preserve have a strong cultural history, others possess unique culinary properties, and others display resilience to climatic events or invasive pests. It's up to all of us to lend a hand by saving and sharing

**Whether it's for the planet, for local pollinators, for your community or for yourself, think about incorporating seed saving into your gardening plans for the season**

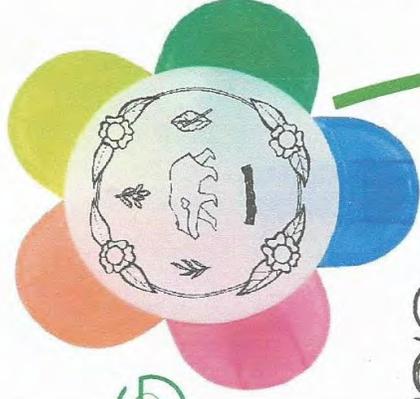
*Seed Savers Exchange* is a non-profit organization located in Decorah, Iowa, with a mission to conserve and promote America's culturally diverse but endangered garden and food crop heritage for future generations by collecting, growing, and sharing heirloom seeds and plants.



Red Cliff Community Health Center's

# Zigwona Gathering

Formerly the "Easter Event"



## Spring INTO MOTION

**Date: Friday, April 3, 2015**

**Time: 9am to Noon**

**Location: Red Cliff Youth Center**

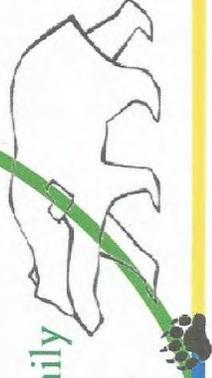
**Community Sponsors:**

**Red Cliff TANF Program and**

**Red Cliff Youth Center**

Food...interactive booths...raffles...fun for the whole family

*Caretakers of the medicine, protectors of your health*



# **ECC Health Fair**

## ***6th Annual***

**Friday, April 24, 2015**

**10:00 - 1:00pm**

**@ Red Cliff Early Childhood Center**

\*Free screenings for adults and children

\*Free information

\*Healthy snacks

\*Child Passenger safety

And so much more.....

This event is open to the public and parents are encouraged to bring the whole family!

\*Call Jenny Bresette (ext 257) or Cindy Garrity (ext. 253) for more details or questions @ 779- 5030\*



# March 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 WIC Pick up all day 1-4pm Optical	3 WIC Pick up all day	4 WIC Cert. all day	5	6 WIC Cert. all day	7
8	9 WIC Pick up all day 1-4pm Optical	10 WIC Pickup All day	11	12	13	14
15	16 1-4pm Optical	17	18 WIC Cert. 9:00a-12:00p	19	20	21
22	23 1-4pm Optical	24	25	26	27	28
29	30 1-4pm Optical	31	8:00am - 1:00pm Centering			



